Sherwood Park Adult Day Support Program 2023

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| **SUN** | **MONDAY** | **TUE** | **WEDNESDAY** | **THURSDAY** | **FRI** | **SAT** |
|  |  |  | **1**  9:30 Coffee &News 2:00 Meditation  10:30 Exercises 2:15 Chair Dance  11:15 Barcelona Travelogue 2:45 Games  12:00 Lunch 3:00 Trivia  1:00 Group Games 3:30 Home | **2 Happy Birthday Franklin**  9:30 Coffee &News 2:00 Kevin Concert  10:30 Exercises 2:15 Movement  11:15 Sound of Music Crossword  12:00 Lunch 3:00 Trivia  1:00 Ladder Ball 3:30 Home | **3** | **4** |
| **5** | **6**  9:30 Coffee &News 1:30 Bender Ball  10:30 Exercises 2:15 Meditation  11:15 Israel Travelogue 2:45 Games  12:00 Lunch 3:00 Trivia  1:00 Shuffleboard 3:30 Home | **7** | **8 International Women’s Day**  9:30 Coffee &News 2:00 Kevin Concert  10:30 Exercises 2:15 Yoga  11:15 Memory Lane 2:45 Games  12:00 Lunch 3:00 Trivia  1:00 Connect 4 Trivia 3:30 Home | **9**  9:30 Coffee &News 2:00 Meditation  10:30 Exercises 2:15 Movement  11:15 Word Mining 2:45 Games  12:00 Lunch 3:00 Trivia  1:00 Shuffleboard 3:30 Home | **10** | **11** |
| **12** | **13**  9:30 Coffee &News 1:30 Chair Dance  10:30 Exercises 2:15 Meditation  11:15 Brain Games 2:45 Games  12:00 Lunch 3:00 Trivia  1:00 Story time 3:30 Home | **14** | **15**  9:30 Coffee &News 2:00 Brain Edu.  10:30 Exercises 2:15 Stretch  11:15 M letter words 2:45 Games  12:00 Lunch 3:00 Trivia  1:00 St. Patty Craft 3:30 Home | **16**  9:30 Coffee &News 2:00 Kevin Concert  10:30 Exercises 2:15 Bender ball  11:15 ST. Patrick Trivia 2:45 Games  12:00 Lunch 3:00 Trivia  1:00 Ring Toss 3:30 Home | **17** | **18** |
| **19** | **20**  9:30 Coffee &News 1:30 Axe Throwing  10:30 Exercises 2:15 Tech Cardio  11:15 Singalong 2:45 Games  12:00 Lunch 3:00 Trivia  1:00 Story time 3:30 Home | **21** | **22 Happy Birthday Mike**  9:30 Coffee &News 2:00 Kevin Concert  10:30 Exercises 2:15 Movement  11:15 Mystery Picture 2:45 Games  12:00 Lunch 3:00 Trivia  1:00 Memory Tray 3:30 Home | **23**  9:30 Coffee &News 2:00 Meditation  10:30 Exercises 2:15 Movement  11:15 Hangman 2:45 Games  12:00 Lunch 3:00 Trivia  1:00 Corn Hole 3:30 Home | **24** | **25** |
| **26** | **27 Happy Birthday Teresa**  9:30 Coffee &News 1:30Horse Race  10:30 Exercises 2:15 Kickboxing  11:15 Mystery Sound 2:45 Games  12:00 Lunch 3:00 Trivia  1:00 Story time 3:30 Home | **28** | **29 Caregivers Meeting @2pm**  9:30 Coffee &News 2:00 Meditation  10:30 Exercises 2:15 Movement  11:15 Alphabet Game-Spring  12:00 Lunch 3:00 Trivia  1:00 Cherry Tree Painting 3:30 Home | **30**  9:30 Coffee &News 2:00 Kevin Concert  10:30 Exercises 2:15 Movement  11:15 Armchair travel to Ireland  12:00 Lunch 3:00 Trivia  1:00 Baseball 3:30 Home | **31** |  |

Silver Birch Court **780-417-1977**, Alison **780-886-0757**,

Mobility Bus 780-449-9680, Driving Mrs. Daisy 780-777-0828, Care for a Ride 780-417-2222

**Staff**: Wendy, Alison, Teresa, Arife, Laura S., Laura T., Divina **Volunteers:**LDS Missionaries, Kathy, Leslie